

## SUFFRAGE POLICIES IN BALANCE TO-MORROW

National Association to Open Emergency Convention—May Declare Its Policies.

When Mrs. Carrie Chapman Catt, Chairman of the National Woman Suffrage Association, rises her gavel to open to-morrow morning the Emergency Convention of that organization in the Marlborough-Blenheim Hotel at Atlantic City, one

of the most important occasions ever held by Suffragists in this country will be begun.

Whether the association, composed of state and local organizations, will adopt the bill of rights it has made since 1919 for both State referendum and Federal amendment, or shall drop it in favor of one of the other two measures to be decided.

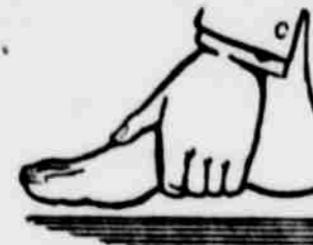
Arguments for a change in the methods of the National will be presented by Miss Ida Husted Harper, Miss Mary Brown and Miss Florence Allen will urge that the present policy be continued. The association has its Congressional Committee in Washington maintaining an energetic lobby for the Federal amendment.



Calling a telephone number distinctly helps to speed up your telephone service.

NEW YORK TELEPHONE CO.

## Have You A Strong Arch?



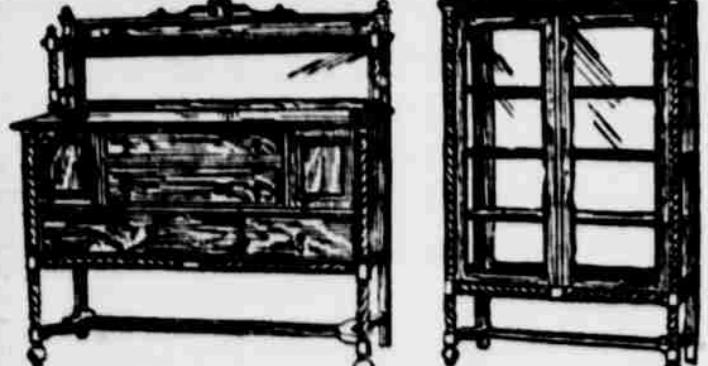
A weak arch is a source of much discomfort and inconvenience. You are reminded of it every step you take.

One sure way of preventing weak arches is to wear the Coward Arch Support Shoe. This shoe supports the Arch in its natural position and relieves all strain on the arch muscles and bones. It is a comfortable helpful shoe that should be worn by four out of every five persons. Perhaps YOU need it.

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Jacobean Oak, beautifully carved; Buffet is 54 inches long; China Closet is 40 inches wide; Serving Table is 38 inches wide. 3-Piece Dining Room Suite, as illustrated, at

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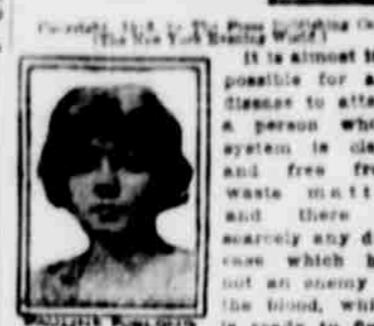
MADE IN KENTUCKY, U. S. A.

H. B. Kirk & Co., New York, N. Y.

## The Evening World's Beauty and Health Column

Conducted by Pauline Furlong

Through This Column Miss Furlong Will Reply to Women Readers' Questions Regarding Exercise, Diet and Other Means of Preserving Good Health and Good Looks.



It is almost impossible for any disease to attack a person whose system is clean and free from waste matter and there is scarcely any disease which has not an enemy in the blood, which is ready to fight off overtures the thousands of diseases to which we are constantly exposed.

If the blood passage to the remotest organs is not free and clear it cannot do the work intended for it by nature, and it is the duty of every one to do at least that much through deep breathing, and internal and external cleanliness, as all the important gains to perform their allotted duties and keep the body practically immune from disease. It is a deplorable fact that the average person pays no more attention to the lungs and heart than to the skin, allowing them to compel them to rise and fall with increasing expansion, than to the development of the abdominal and other important muscles.

This is just the reason we see so many flat, poorly developed persons and others with other abdominal and various common disorders, such as asthma, throat troubles, indigestion, constipation and others too numerous to mention.

**Letters From Readers.**  
ITCHING AFTER BATHS.—R. A. P. writes: "Will you please tell me what causes me to itch terribly after a bath? It makes no difference whether I take hot, cold or tepid ones. What causes it to itch so much in my legs after taking the exercises?"

Either the water is too hard or the soap you are using is too harsh. Both of these things may cause the body to itch after a bath. Discontinue the alcohol rubs as they are very drying to the skin. Place some calamine in the water, or a little bath oil to soften it, and use only a gentle soap, if any. Rub the body with olive oil. Overdoing the exercises will cause the muscles to ache, or probably the dormant muscles have become sore because they have remained unused so long. At any rate, this trouble will soon wear away as you become more practised.

GAINED ELEVEN POUNDS.—KITTY L. writes: "I enjoy reading your lessons and followed your last developing course and gained eleven pounds. Please tell me again the causes and cure for an unhealthy complexion. I wash my hair with castile soap and brush it each night

## Mothers—Take Heed

The Health Department City of New York advises physicians to use Chlorinated Lime as a disinfectant in all cases of Infantile Paralysis. The United States Government recommends the use of Chlorinated Lime as a most effective and economical germ killer and deodorant.

Disinfectants must be fresh to be effective. Thousands of grocers and druggists have just received a fresh supply of Acme Chlorinated Lime. Do not accept substitutes which may be stale and worthless.

Guard your children's health—sprinkle Acme Lime daily in your toilet bowl, garbage can, kitchen sink, cellar, etc.

Manufactured by  
**A. MENDELSON'S SONS**  
Established 1870  
Factory: Albany  
Office: 120 Broadway, N.Y.C.

Five inches taller than you are, except the best measurement. You are about the size of the world's average and should not let your friends notice you. Only thinking you have a wonderful figure. As you are over nineteen years old you should take warning, or else be a little round, for women ten years from now, it is true that the curves and waist clothes we do have a multitude of

**WANTS TABLE OF MEASUREMENTS.**—Miss J. W. writes: "I have faithfully followed your course and have lost some little weight, but I do feel much better for eating sensible foods and taking systematic exercises. However, I think it is a good idea for us all to know just what goal we are striving to attain. For instance, I am 5 feet tall and weigh 111 pounds. I am 5 feet, 2 inches high, and 111 pounds. What should I eat?"

"A poor complexion is the result of some internal disturbance. It contains waste in the body, and the skin will have to be cleansed of impurities through deep breathing, light diet, daily exercise and baths and copious water drinking. Only hair should be washed with tar or sulphur soap and not castile. Do not brush the oily scalp and hair."

Your measurements are away off

and are really those for one four or

sixty times.

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**What is CASTORIA?**

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It contains neither Opium, Morphine nor other Narcotic substance. It destroys Worms and relieves Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulence, Wind Colic, all Teething Troubles and Diarrheas. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

**The Kind You Have Always Bought**

Bear the Signature of

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